



USO show entertains the Wolf Pack —
Fourth of July fun.

See pages 6 and 7

NEWS BRIEFS

Oriental Club off limits
Effective immediately, by order of Col. Robin Rand, 8th Fighter Wing commander, as recommended by the Disciplinary Control Board, the establishment known as the Oriental Club in America Town is off limits to all military personnel. This constitutes a lawful order. Off limits means military personnel will not enter, patronize or do business with the Oriental Club.

Luke AFB grounds F-16s
Officials at Luke Air Force Base grounded F-16 Fighting Falcons with a certain type of engine July 2 after investigators of a June 10 crash found a fleet-wide engine-related problem. The aircraft will be grounded until all aircraft with this type of engine have replacement parts installed, according to Col. Philip Breedlove, 56th Fighter Wing commander.

Communications relay
While mostly known as a “flying gas station,” the KC-135 Stratotanker has served in many mission roles throughout its 45-plus years of service. The aircraft has been a flying command post, an observation platform for the Open Skies Treaty, a zero-gravity simulator and a flying hospital. Soon, this workhorse will add communications relay station to its capability list. With the installation of ROBE, or Roll-on Beyond Line of Sight Enhancement equipment, the Stratotanker will be able to relay critical data while conducting air refueling.



Photo by Staff Sgt. Matthew Hannen

Securing the peace
Longing for more rest and sleep, deployed security forces members travel to their posts in support of operations in Southwest Asia recently.

Cancer study
Wilford Hall Medical Center researchers were involved in the recent study on the drug finasteride’s ability to prevent prostate cancer. Wilford Hall was the largest study site, providing roughly 10 percent of the participant population, for the seven-year, nationwide study named the Prostate Cancer Prevention Trial. The trial, to be published in the Thursday’s edition of “The New England Journal of Medicine,” found a 25 percent reduction in prostate cancer occurrences for healthy males taking finasteride. Although the findings are far short of being a cure-all answer, physicians laud the trial’s discovery.



Photo by Tech. Sgt. Alex Lloyd

BOMBS AWAY: An F-16 Fighting Falcon dropped two joint direct attack munitions on the bombing range at Chick-Do Island during training July 2. The munitions were dropped by Lt. Col. Eric Schnitzer from the 80th Fighter Squadron from Kunsan Air Base, South Korea.

80th FS drops precision munitions

By Capt. Krista Carlos
8th Fighter Wing Public Affairs

A new precision weapon capability was introduced to the 80th Fighter Squadron July 2 when an F-16C dropped two joint direct attack munitions over Chik-Do Island, Republic of Korea.

Lt. Col. Eric Schnitzer, 80th FS commander, made history by becoming the first active-duty pilot to drop JDAMs from a block 30 F-16C.

“JDAMs are standard bombs with a guidance kit attached,” said Schnitzer. “They have inertial navigation systems and GPS receivers that tell the bomb it’s exact position and that of the target.”

“They also give us all-weather, near precision capability to kill fixed targets

“Now we don’t have to plan for different weather back ups. Both squadrons will have the same capability to take the fight north.”

— Lt. Col. Eric Schnitzer
80th Fighter Squadron commander

day or night,” said Col. Kurt Neubauer, 8th Operations Group commander. “Inertially-guided munitions like JDAM provide greater flexibility and lethality to the air component commander.”

Although JDAM is a new capability

to the 80th FS, it is not a completely new system for the Wolf Pack.

“Here at Kunsan, we have two different types of F-16s,” said Schnitzer. “The Pantons [35th Fighter Squadron] have the block 40s, and last year they got the capability. We just got the capability for active-duty block 30s.”

“The flight went very well today,” said Schnitzer. “All systems worked great, and we hit the spot on the target.”

The introduction of JDAM to the 80th FS will double the squadron’s precision capability as well as increase the 8th Fighter Wing’s by 25 percent, said Schnitzer.

“Now we don’t have to plan for different weather back ups,” he said. “Both squadrons will have the same capability to take the fight north.”

Wolf Pack celebrates the Fourth of July *see page 12*

People are the key

By Lt. Col. Eric Schnitzer
80th Fighter Squadron commander

“The people.” That’s my answer whenever I’m asked to name the best thing about the Air Force. The people.

Wherever you go, anywhere around the world, when you meet another military member for the first time there is an immediate connection. This goes for enlisted, officer, active duty, reserve, Department of Defense civilian, retired, or family member. It’s a sense of instant trust, common purpose, shared experience, and willingness to help each other. Due to our remoteness from the United States and other U.S. forces, that feeling is further intensified here. Like all of you, I have felt and appreciated it since I first exited the aircraft that brought me here.

“The people.” That’s my answer whenever I’m asked to name the most critical asset we have in the U.S. Air Force. You and I are the critical assets the military cannot replace. We can always build more equipment, supplies and weapons systems. But we cannot replace the unique talent and abilities each individual brings to the service of our nation.

The protection of our people is the

“... we cannot replace the unique talent and abilities that each individual brings to the service of our nation ... it’s the people that are the best thing about the Air Force, the people are our most critical asset, and it’s the people that get the mission done.”

— Lt. Col. Eric Schnitzer
80th Fighter Squadron commander



focus of Air Force safety and risk management. It is our personal and professional dedication to safety that helps to reinforce that sense of instant trust, common purpose, shared experience and willingness to help each other. We take care of our own. That’s true throughout the Air Force, but especially true here in the Wolf Pack.

“The people.” That’s my answer whenever I’m asked to name the most important key to mission accomplishment. It isn’t the aircraft, support equipment, personal weapons, or computers that get the mission done; it’s you and me. Our pieces of equipment are just tools, they don’t accomplish the mission; our people use them as a means to reach our goals.

It’s not a push button, autopilot Air

Force, and never will be. Without our tools, we will find some other way to accomplish the mission. That’s what we do, we improvise, adapt, and overcome. However, without our people, we can have thousands of ultra-modern aircraft, but we will never get the job done.

So Wolf Pack, continue to take care of our people, build camaraderie, keep each other safe, work to find innovative solutions and above all, watch out for each other. That’s how we will continue to build that sense of instant trust, common purpose, shared experience, and willingness to help each other. Remember, it’s the people that are the best thing about the Air Force, the people are our most critical asset, and it’s the people that get the mission done.

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

Thank you Wolf Pack

On behalf of the 8th Services Squadron, I’d like to personally thank the many people who volunteered their time and energy to make the Fourth of July Block Party and the Wayne Newton United Services Organization Show a huge success. The list of contributors is long. Virtually every Wolf Pack organization played a role in making these morale-building events among the most successful in recent history. Your “cando” spirit prevailed and the “One-Team, One-Fight,” mindset that the Wolf Pack is famous for came shining through. Participation in the Fourth of July Block Party exceeded expectations, despite the occasional shower. The USO entertainers were in awe of the tremendous turnout — well over 1,000 people — and the great display of “Wolf Pack pride.” You did it with pride and style, and I thank you for a job well done!

Maj. Marc Piccolo
8th Services Squadron commander

Wolf Chief bids final goodbye

I would like to pass on my sincere appreciation to each member of the Wolf Pack for his outstanding contributions to the wing’s success during the past year. As my tour draws to a close, I can truly say that the men and women of the 8th Fighter Wing are truly special warriors.

Every day each of you strive to perform at a level that is truly remarkable. The spirit and dedication of the Wolf Pack is something I will always cherish. From the soldiers providing safety at Echo and Fox; to the tug-of-war winners from the medical group who take care of us every day; to the outstanding folks in the logistics readiness squadron; to the great support out of communications; to the dragons and cobras in maintenance squadron and aircraft maintenance squadron who are breath-

ing fire and saying “whazzup”; to the mission support squadron and staff warriors; we got your back Wolf Pack. To my peers on staff; to the folks in services taking care of our every need; to the knights who lead the charge in the maintenance operations squadron; to the dedicated professionals out of civil engineers; to the wizards of war in the operations support squadron; to “push it up” and “who dats”; and finally, to the defenders of the base, I can honestly say that each of you is providing a great service — not only to our nation, but to the entire world. It was my honor to serve by your side.

Dogs, even mad dogs, fight. The losing dog, if he can, runs away, but no wolf runs. For a wolf wins every fight but one, and in that one he dies.

May God have mercy on the



Chief Master Sgt. Sagstetter

Wolf Pack’s prey.
Thanks for serving with me.

Karl Sagstetter
“Wolf Chief”

Air Force Core Values:
Integrity First
Service Before Self
Excellence in all we do



Editorial Staff

Col. Robin Rand
Commander, 8th Fighter Wing

Capt. Krista Carlos
Chief, Public Affairs

1st Lt. Herb McConnell
Deputy Chief, Public Affairs

Tech. Sgt. Kelley Stewart
NCOIC, Public Affairs

Staff Sgt.
Robert Wollenberg
Editor

Senior Airman
Catherine Trombley
Staff Writer

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

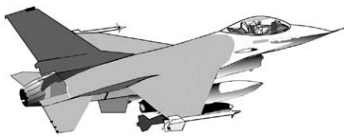
Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:
8th FW/PA
PSC 2 Box 2090
APO AP 96264-2090

We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	330	47
80th FS	359	68
8th FW	689	115



Community Standards

Internet Use

Personnel may not visit pornographic, hate or hacker sites on government computers. (Refer to Air Force Instruction 33-129, Chapter 6 for complete listing of other sites.) Our current base server allows us to capture every site visited, when it was visited and who accessed it. The rule of thumb is if you wouldn’t show it to the wing commander, then you probably shouldn’t be looking at it.

Q & A Meet “Viper” and the 8th OG

By Staff Sgt.
Robert Wollenberg
8th Fighter Wing Public Affairs

**Editor's Note: Col. Kurt Neubauer assumed command of the 8th Operations Group in a ceremony June 4. The Wolf Pack Warrior recently had an opportunity to sit down with Neubauer and find out a little about who he is; what the 8th OG is; and what they're all about.*

Wolf Pack Warrior: What was your first impression of Kunsan and the Wolf Pack?

Col. Kurt Neubauer, 8th Operations Group commander: I was stationed here in 1986 in the 80th Fighter Squadron, so I was already very familiar with our mission, our base, and our esprit de corps. Needless to say, I'm ecstatic to be back and to have been given the privilege of command in the Wolf Pack. This outfit's history is eye watering - from the heroics that went on in South East Asia to the fact that the two flying squadrons have been together since before the Second World War. I'm tickled!

Some things at Kunsan have changed, primarily its infrastructure. The base is much more developed, the facilities and living conditions are much nicer, and the Loring Club is simply outstanding. There are tremendous improvements in the working conditions; quality of life; and morale, welfare, and recreation activities available.

Wolf Pack Warrior: What is your leadership philosophy?

Neubauer: It's pretty simple, really - lead from the front, set the example, and be tactically proficient. That's what I expect from my leaders - whether they're officers, senior NCOs or NCOs. We have no other choice. Our airmen want to be led, and leaders have to lead them, whether they're wearing brass on their shoulders or stripes on their sleeves. Regardless of your specialty, you also must provide the right example for all to follow. In other words, you need to make sure you not only can talk a good game, but you can play a good game, too. Finally, when I say, "be tactically proficient," your goal should be to do your very best. By making yourself better, you make the Wolf Pack better, you make the Air Force better, and you provide the best possible service to your country.

Wolf Pack Warrior: What is the operations group?

Neubauer: The operations group is comprised of three squadrons - the 35th Fighter Squadron, the 80th Fighter Squadron, and the 8th Operations Support Squadron.

We are charged with the wing's flying operations. So when we look at the Wolf Pack's mission: defend the base - Hooah, accept follow-on forces, and take the fight north, the OG owns the last piece of the mission - taking the fight north. It's our job to be ready, as fighter pilots or those who support fighter pilots, to plan, fly, fight, and win. That's our job. We've got about 30 fighter pilots per squadron and a mix of pilots, support officers, and enlisted troops in OSS who provide crucial intelligence, weather, approach control, tower control, and base operations support to my fighter pilots. It's deadly serious business, and we take it very seriously.

Wolf Pack Warrior: What are some of the major accomplishments for the OG from the past year?

Neubauer: Probably our biggest accomplishment is how well we did in the Headquarters Pacific Air Forces Operational Readiness Inspection in April. I'm especially thankful to my predecessors for how well the group contributed to the wing's overall performance. Our mission is to put steel on target, and we do that with precision guided munitions. The OG had an unheard of success rate in its employment of those weapons in the last ORI. One squadron even had a perfect, no miss record. So from that perspective, I'm very proud because it speaks volumes about our training regimen, the leadership of our squadron commanders, and the professionalism and skill of officers and enlisted troops. I hope I can continue that record of success.

Wolf Pack Warrior: Is there anything else you'd like to add?

Neubauer: Tell your families that being in the Wolf Pack is special. We are the most elite group of fighter pilots, support officers, and enlisted troops in the finest Air Force on the planet. Everyone is focused on our reason for being here. The Wolf Pack embodies the martial virtues - things like duty, honor, courage, and integrity. That focus, those virtues, and the fact that bright, eager, and committed people surround us - is inspirational.

As you walk into the wing headquarters, there's a door mat that has the inscription, "Welcome to the 8th Fighter Wing Wolf Pack ... May God have mercy on the Wolf Pack's prey." My message has just a little different rhythm to it ... "God may have mercy on the Wolf Pack's prey, but we won't."



Photo by Staff Sgt. Robert Wollenberg

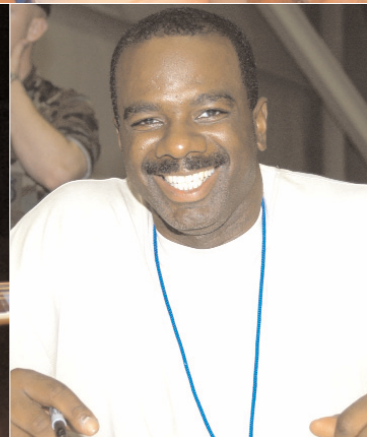
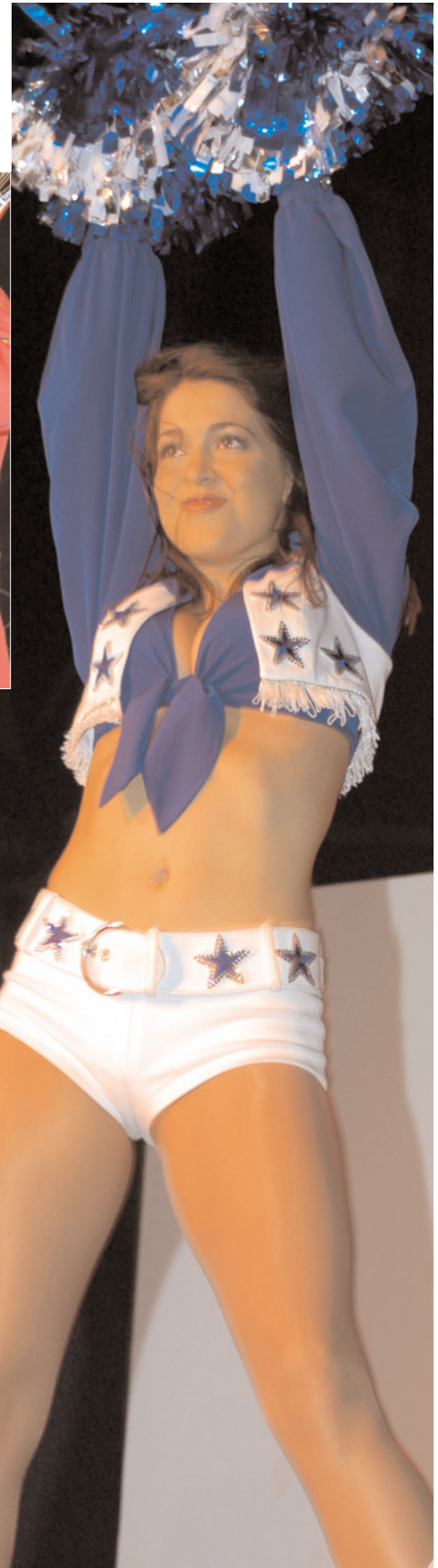
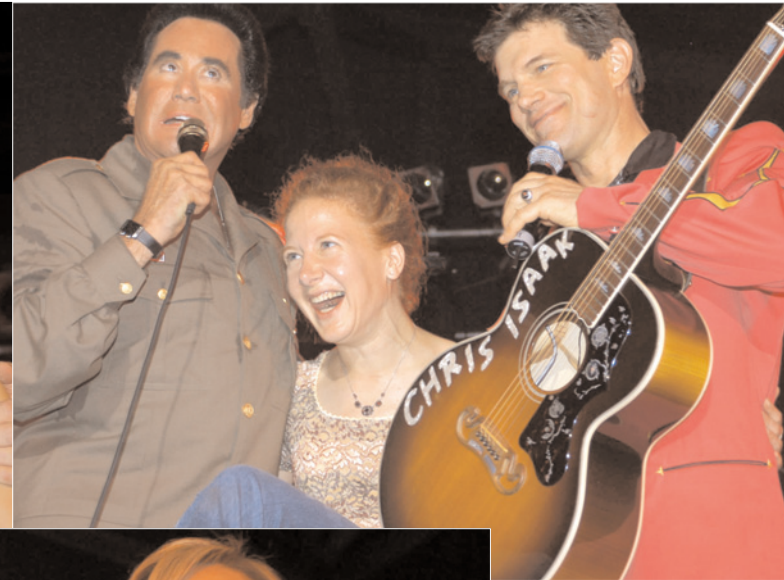
(Above) Col. Kurt Neubauer, 8th Operations Group commander, conducts preflight checks on an F16 in the Juvat flows Thursday.

(Right) Senior Airman Jamie Brown, 8th Operations Squadron weather forecaster, checks weather conditions in front of base operations, building 2858, Tuesday.



Photo by Senior Airman Christina Holguin

USO parties with the Pack!



Photos by Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

7
DAYS

Today

Free food The Loring Club offers members barbecued chicken from 6 to 9 p.m.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Saturday

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

Latin Night The Loring Club hosts Latin Night in the ballroom.

Fishing trip The Falcon Community Center has a fishing trip to the Yellow Sea. The bus departs at 6 a.m.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Spades tournament The Falcon Community Center has a spades tournament at 7 p.m. The winner receives a phone card.

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Red pin bowling The Yellow Sea Bowling Center has red pin bowling at 3 p.m.

Darts tournament The Loring Club has a dart tournament at 7 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Nifty fifty bowling The Yellow Sea Bowling Center has nifty fifty bowling from 11 a.m. to 11 p.m. Fifty cents will buy a hot dog, soft drink, shoes and one game. For more information, call 782-4608.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Birthday celebration The Falcon Community Center has a birthday celebration at 7 p.m. People born in July are invited to come by for birthday cake.



Courtesy photo

SUMMER FUN: The swimming pool is now open. The hours of operation are Thursday through Tuesday 11 a.m. to 7 p.m. The pool is closed Wednesdays. The pool is located next to the fitness center and soccer field. For more information, call 782-4385.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members super subs from 6 to 9 p.m.

Bowling lessons The Yellow Sea Bowling Lanes has bowling lessons noon to 2 p.m. and 6:30 to 8:30 p.m. Wednesdays for \$1.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Photo club The Falcon Community Center Photo Club meets at 6 p.m.

8-Ball pool tournament The Falcon Community Center hosts a best two-out-of-three 8-Ball tournament at 7 p.m. The winner receives a phone card.

Thursday

Steak night The Loring Club offers

two-for-one steak from 5:30 to 8:30 p.m.

Pingpong tournament The Falcon Community hosts a pingpong tournament at 7 p.m. It's the best two out of three. The winner receives a phone card.

Electronics market The Falcon Community Center has a trip to the Yongsan electronics market and It'Aewon July 19. The bus departs at 7 a.m. and returns at 9 p.m. It takes people to the largest specialty market for electronic goods and computers in Korea. Sign up ends today.

Everland The Falcon Community Center Center as a trip to Everland July 20. A bus departs at 7 a.m. and returns at 8 p.m. This is a comprehensive leisure complex with amusement facility, a botanical garden and zoo. Sign up ends today.

Ladies night The Yellow Sea Bowling Center offers Ladies Night. Ladies bowl for free.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“Identity” (R) Starring John Cusack and Amanda Peet. 7 p.m. and 9:30 p.m.

Sunday

“Identity” (R) 6 and 8:30 p.m.

Tuesday

“X-2: X-Men United” (PG-13) Starring Patrick Stewart and Hugh Jackman. 8 p.m.

Wednesday

“X-2: X-Men United” (P-13). 8 p.m.

Thursday

“Daddy Day Care” (PG) Starring Eddie Murphy and Steve Zahn. 8 p.m.

The theater is now closed Mondays. For more information, call 782-SHOW.



TONIGHT

“It Runs in the Family” (PG-13) Starring Kirk Douglas and Michael Douglas. 7 and 9:30 p.m.

Taech’On Beach

The Falcon Community Center has a trip to Taech’On Beach July 26. The bus departs at 8 a.m. and returns at 7:30 p.m. This tour takes you to one of the oldest and most popular seaside resorts on Korea’s west coast. The beach features sandy beaches and swimming. People taking this tour should bring their swim suits, beach towels and lunch. The deadline to sign up is July 24.

BIRTHDAY MEAL

The O’Malley Dining Facility hosts the July birthday meal at 6:15 p.m. Sunday. Please sign up at the O’Malley no later than 7:30 p.m. today. For more information, call Airman 1st Class April Gipson at 782-



SWINGING FOR THE FENCE: Joey McCoy, a chief from Osan, swings at a pitch during the Chiefs vs. Eagles softball game July 4. McCoy went 3-for-4 with a home run and six RBIs. The Chiefs defeated the Eagles 23-22. This win erased the memories of the Eagles' wins in flag football and basketball against the Chiefs.

Chiefs squeak by Eagles

By Staff Sgt. Chuck Walker
8th Communications Squadron

With the painful memories of the incessant hounding he received after defeats in flag football and basketball, Wolf Chief Karl Sagstetter vowed revenge against the Eagles in softball. Call it mission accomplished.

Joey McCoy from Osan stole the show, going 3-for-4 with a home run and six RBIs including the game-winning hit in the bottom of the seventh to lead the Chiefs to a 23-22 victory against the Eagles on the Fourth of July.

Sagstetter said the victory was a sweet one.

"It feels great," Sagstetter said. "I had to listen to Wolf II [Stuart Johnson] brag about basketball and flag football. To be able to close out with a victory is a good feeling. The key to victory was the fact that we're just better than they are. We're younger, better looking and got more skills."

After the Eagles jumped out to an early 6-0 lead, the Chiefs mounted a rally.

The Chiefs scored eight runs in the fourth and six runs in the fifth to take its biggest lead of the game at 20-10 after five innings.

"We started off a little slow because it takes these old bones a little longer to work."

— **Joey McCoy**
Chiefs team

But the Eagles attempted a comeback bid themselves.

Trailing 22-15 in the top of the seventh, the Eagles scored seven runs to tie the game.

McCoy, however, clinched the game for the Chiefs with his run-scoring double in the bottom of the inning.

"We started off a little slow because it takes these old bones a little longer to work," McCoy said. "I just got lucky with the hitting."

Sagstetter led the Chiefs going 4-for-4 with an RBI and three runs scored and Chris Shumway went 4-for-5 with three RBIs and four runs scored.

Michael McKinney led the Eagles offensively going 5-for-6 with two doubles and three RBIs, while Walter Lindsley and Robert Stephenson each went 4-for-5.

"We came up short, but we scared them," said the Wolf, Robin Rand. "I just told them not to look bad."

Wolf II tried to be gracious in defeat.

"We dropped one, but they did have a ringer," Johnson said. "They had a chief (McCoy) from Osan, and he drove in two runs on a homer. So instead of the final score being 23-22 it should have been 22-21 in favor of us. But we're not bitter."

Sagstetter said the Chiefs were able to withstand the Eagles strong start.

"When they went out ahead, they had the bats a blazing," Sagstetter said. "But we came back and started hitting and we took a 20-10 lead. But this is softball, anything can happen. They never gave up and that's a testament to them."

So the Chiefs and Eagles split with 2-2 records this year. The Eagles winning in flag football and basketball, while the Chiefs winning in bowling and softball.

Sagstetter had this advice for future Chiefs.

"Good luck," Sagstetter said. "The Chiefs should never lose to the Eagles in softball."

SPORTS SHORTS

Bike race
The fitness center sponsors a 10K 9 a.m. Saturday. For more information or to register, call 7682-4026.

Volleyball tournament
The fitness center sponsors a four-on-four volleyball tournament 9 a.m. July 19. For more information or to register, call 7682-4026.



Photo by Master Sgt. Lance Cheung

Guarding goal
1st Lt. Richard Cullen, a communications officer, plays goal keeper with the Seattle Sounders, a Colorado Springs Premier Development Soccer League team recently. Cullen's assignment keeps him hopping at both the 62nd Airlift Wing headquarters and at Seattle Memorial Stadium.

FitLinxx registration
FitLinxx, and interactive workout partner, is available at the fitness center. To sign up, see your unit fitness representative or stop by the fitness center. For more information, call 7682-4026.

Personal trainers
The fitness center has personal trainers to help set up work out programs for people who want to loose weight or just improve their overall fitness. For more information or to make an appointment, call the fitness center at 782-4026.

Varsity volleyball
Anyone interested in playing on Kunsan's co-ed varsity volleyball team is invited to attend weekly practices. Saturday practices are held at noon at the 8th Civil Engineer Squadron outdoor volleyball court and 6 p.m. Sundays at the gym. For more information, call Staff Sgt. Jesse Hernandez at 782-7043.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu
Noon Saturday and Sunday - FREE

Tae Kwon Do
8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido
7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do
6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday
11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday
6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday
5:45 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday
6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday
11:30 a.m. - Shaping and toning

Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains 4 servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center

Tobacco Fact

Every cigarette smoked takes 7 minutes off the life of the smoker, about as long as it takes to smoke the cigarette. Each pack of 20 cigarettes takes 140 minutes to smoke, and subtracts 140 minutes from the life of the smoker.

— 1994 Surgeon General report Youth and Tobacco

The Health and Wellness Center offers free smoking cessation classes. For more information, call 782-4305.

Wolf Pack rocks the Block



Photos by Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs